



How to Make Effective Decisions Quickly

How to Make Effective Decisions Quickly

Learning to make fast decisions can be a difficult task, but with practice it certainly can be done. Although making decisions *too* quickly can backfire, it doesn't mean that you can't learn from your mistakes and still make future decisions fast and effectively.

Study Past Decisions

You can easily discover *why* you made certain decisions in the past by reflecting on your decision making process. Of course, decisions will vary from person to person, and that's okay!

Perhaps you have challenges with decisions because you keep changing your mind. In thinking through the various possibilities, you just get stuck. Once you finally choose something, you question the validity of your decision. Or maybe you let your fears make your decisions for you.

Whatever the reasons are, once you understand *why* you made the decisions you have, you can work on counteracting it moving forward.

Getting Over Your Fears

There are many fears that play into decision making. You could be afraid because you think you might fail. You could be afraid because you'll have to take responsibility for consequences. You also could be afraid because you simply have too many options to consider.

If you're afraid of failure, it's a feeling that nearly everyone has encountered at some time in their life. The reality is that you very well may fail at certain things in life. It's inevitable! Even the most successful people have some ideas that fail on their way to success.

However, ***you can't let this fear rule your life.*** Instead of being afraid of failure, decide what you'll do if you *do* fail. Hopefully, you'll decide to pick yourself back up and learn from your mistakes. Regardless of what you fear, you must concentrate on facing it in order to speed up your ability to make quick, effective decisions.

Going With Your Gut Instinct

When you feel that you have too many options or too many things racing through your head, it can help to go with your gut instinct. ***Your gut instinct is usually right*** and you get the benefit of a quick decision.

Ensure that you're calm and focused when you're going with your gut instinct. That way, you can feel confident that you're going with your true feelings and not something that's influenced by outside sources.

Speeding Up The Process

If you're having trouble making the correct decisions, give yourself more time. Take the time to weigh your options and go with a decision whole-heartedly. Be ready to take responsibility for your actions, even knowing that everything might not go according to plan.

After you strengthen your overall decision making skills, then it's easier to focus on making your decisions faster. With regular practice, you might notice that you don't have to change much to make quicker decisions because practice alone will help out.

Learning from Mistakes and Moving Forward

At the end of the day, you can go over your decisions again. Were you successful? If you weren't, can you identify the reasons why? Keep a journal to help you remember which methods work the best for you. Soon enough, you'll find yourself making better decisions quicker than ever before.